



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Advanced Eat Smart Center #22

WEEK OF Week 1

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peanut Butter and Banana Sandwich			Toasted Cheese Bagel	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Banana- fresh	Peaches- canned, unsweetened	Orange Slices- fresh	Pear Slices- fresh	Apple Slices- fresh
Grains/Bread Component 5x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Whole Wheat Chex cereal (WG)	Whole Wheat Toast (WG)	Whole Wheat Toasted Bagel (WG)	Oatmeal (WG)
Other Foods 4x Meat/Meat Alternate	Peanut Butter		Scrambled Egg	Cheese	Raisins- dried; Walnuts
LUNCH	Sloppy Joe (HM)	Ham Slice	Ravioli with Meat Sauce (CN)	Hamburger	Turkey and Cheese Sub Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Cooked Peas- frozen	Green Beans- canned	Tossed Salad- fresh	Corn- frozen	Tomato Soup- canned
5x fresh	Peaches- fresh	Grapes- fresh	Apricots- fresh	Pineapple- canned, unsweetened	Pear Slices- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Hamburger Bun (WG)	Whole Wheat Bread (WG)	Ravioli (CN)	Whole Wheat Hamburger Bun (WG)	Whole Wheat Hot Dog Bun (WG)
Meat or Meat Alternate 1x highly processed	Ground Beef	Ham	Ravioli with Meat Sauce (CN)	Ground Beef	Turkey, Cheese
Other Foods	Sloppy Joe Sauce				
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	100% Grape Juice	Cucumber Slices- fresh	100% Apple Juice	Fruit Salad- fresh	Plum- fresh; 100% Orange Juice
Grains/Bread Component 2x Whole Grain, 0x sweet	Whole Wheat Mini Bagel (WG)			Triscuits (WG)	Animal Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Cottage Cheese	Yogurt		
Other Foods	Cream Cheese				

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

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WEEK OF Week 2

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Biscuit and Gravy		Cinnamon Apple Pancakes
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Fruit Cocktail- canned, unsweetened	Cantaloupe- fresh	Pears- canned, unsweetened	Orange Slices- fresh	Applesauce- unsweetened
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Toast (WG)	Whole Wheat English Muffin (WG)	Biscuit	Whole Wheat Toast (WG)	Whole Wheat Pancakes (WG)
Other Foods 2x Meat/Meat Alternate	Yogurt		Gravy	Hard Boiled Egg	Cinnamon; **no syrup**
LUNCH	Ham and Cheese Sandwich	Meatloaf (HM)	Spaghetti with Meat Sauce	Turkey Slices	Hot Dog
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables 3x fresh	Tossed Salad- fresh	Green Beans- canned	Spinach Salad- fresh	Sweet Potato Fries- frozen	Vegetable Soup (HM)
	Pineapple- canned, unsweetened	Applesauce- unsweetened	Apricots- fresh	Mixed Vegetables- frozen	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)	Spaghetti	Whole Wheat Dinner Roll (WG)	Whole Wheat Hot Dog Bun (WG)
Meat or Meat Alternate 1x highly processed	Ham, Cheese	Ground Beef	Ground Beef	Turkey	Hot Dog
Other Foods			Spaghetti Sauce		
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Sandwich			
Fluid Milk	1% Milk	1% Milk			
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Peaches- canned, unsweetened		Strawberries- fresh	Grapes- fresh	100% Pineapple Juice
Grains/Bread Component 3x Whole Grain, 0x sweet		Whole Wheat Bread (WG)		Wheat Thins (WG)	Whole Wheat Mini Bagel (WG)
Meat or Meat Alternate 2x Meat/Meat Alternate		Peanut Butter	Yogurt		
Other Foods					Cream Cheese



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST					
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 4x fresh F/V	Cantaloupe- fresh	Peaches- canned, unsweetened	Apple Wedges- fresh	Banana- fresh	Orange Slices- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Whole Wheat Chex cereal (WG)	Biscuit	Whole Wheat Toasted Raisin Bread (WG)	Multi-Grain Cheerios cereal (WG)	Whole Wheat Toast (WG)
Other Foods 2x Meat/Meat Alternate			Cheese		Scrambled Egg
LUNCH	Ham	Chili (HM)	Pork Stir Fry	Cubed Roast Beef with Gravy	Chicken Pot Pie (HM)
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Romaine Salad- fresh	Chili Beans- canned	Mixed Vegetables- frozen	Mashed Potatoes- fresh	Carrot Sticks- fresh
4x fresh	Sweet Potato Fries- frozen	Sliced Pears- fresh	Pineapple- canned, unsweetened	Green Beans- canned	Peas- frozen
Grains/Bread Component 5x Whole Grain	Whole Wheat Dinner Roll (WG)	Triscuits (WG)	Brown Rice (WG)	Whole Wheat Bread (WG)	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate 0x highly processed	Ham	Ground Beef	Pork	Roast Beef	Chicken
Other Foods				Gravy	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Mini Turkey and Cheese Sandwich	
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	100% Grape Juice	Pineapple- canned, unsweetened	Mixed Berries- frozen, unsweetened		Grapes- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Pita Bread Wedges			Whole Wheat Dinner Roll (WG)	Whole Wheat Mini Bagel (WG)
Meat or Meat Alternate 4x Meat/Meat Alternate	Hummus	Cottage Cheese	Yogurt	Turkey, Cheese	
Other Foods					Cream Cheese

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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Breakfast Burrito	French Toast (HM)	Ham Biscuit
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Banana Slices- fresh	Applesauce- unsweetened	Honeydew Melon- fresh	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Grain Wheaties cereal (WG)	Pumpkin Muffin (sweet)	Whole Wheat Tortilla (WG)	Whole Wheat French Toast (WG)	Biscuit
Other Foods 2x Meat/Meat Alternate			Egg, Cheese	**no syrup**	Ham
LUNCH	Tuna Salad Wrap (HM)	Hamburger Mini Pizza (HM)	Sliced Ham	Beef Stew	Turkey and Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Peas and Carrots- frozen	Corn- frozen	Baked Sweet Potatoes- fresh	Carrots and Potatoes- fresh	Spinach Salad- fresh
5x fresh	Orange Slices- fresh	Nectarine Slices- fresh	Green Beans- canned	Peas- frozen	Tater Tots- frozen
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat English Muffin (WG)	Corn Bread	Whole Wheat Dinner Roll (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Tuna	Ground Beef, Mozzarella Cheese	Ham	Beef	Turkey, Cheese
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>		Peanut Butter Sandwich			
Fluid Milk					
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Cucumber Slices- fresh	100% Pineapple Juice	100% Apple Juice	Apple Slices- fresh	Strawberries- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet		Whole Wheat Bread (WG)	Animal Crackers	Wheat Thins (WG)	
Meat or Meat Alternate 3x Meat/Meat Alternate	Cottage Cheese	Peanut Butter			Yogurt
Other Foods					



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WEEK OF Week 5

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST			Toasted Cheese Sandwich	Breakfast Burrito	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Pears- canned, unsweetened	Strawberries- fresh	Apricots- canned, unsweetened	Kiwi- fresh	Banana- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Malt-o-Meal	Whole Wheat Chex Cereal (WG)	Whole Wheat Toast (WG)	Whole Wheat Tortilla (WG)	Cheerios cereal (WG)
Other Foods 2x Meat/Meat Alternate			Cheese	Egg, Ham	
LUNCH	Turkey and Cheese Wrap	Meatloaf (HM)	Ham and Navy Beans	Chili Macaroni (HM)	Cheese Sandwich
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Lettuce, Tomato- fresh	Green Beans- canned	Navy Beans- canned	Corn- frozen	Oven-Baked Fries- fresh
5x fresh	Grapes- fresh	Peaches- canned, unsweetened	Spinach Salad- fresh	Applesauce- unsweetened	Mixed Fruit Salad- fresh
Grains/Bread Component 4x Whole Grain	Whole Wheat Tortilla (WG)	Whole Wheat Bread (WG)	Cornbread	Whole Wheat Elbows (WG)	Whole Wheat Bread (WG)
Meat or Meat Alternate 0x highly processed	Turkey, Cheese	Ground Beef	Ham	Ground Beef, Chili Beans	Cheese
Other Foods		Gravy			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	100% Cranberry Grape Juice	Mixed Berries- frozen, unsweetened	Apple Slices- fresh	Orange Slices- fresh	Broccoli and Cauliflower- fresh
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Mini Bagel (WG)		Wheat Thins (WG)	Whole Wheat English Muffin (WG)	
Meat or Meat Alternate 2x Meat/Meat Alternate		Yogurt	Peanut Butter		
Other Foods					Ranch Dressing

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WEEK OF Week 6

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Peanut Butter Banana Wrap	Breakfast Burrito		Apple Cinnamon Waffles	
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 2x fresh F/V	Banana- fresh	Honeydew Melon- fresh	Fruit Cocktail- canned, unsweetened	Applesauce- unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain, 1x sweet	Whole Wheat Tortilla (WG)	Whole Wheat Tortilla (WG)	Wheat Muffin (sweet)	Whole Wheat Waffle (WG)	Biscuit
Other Foods 2x Meat/Meat Alternate	Peanut Butter	Eggs, Cheese		Cinnamon; **no syrup**	
LUNCH	Chicken and Noodles	Spaghetti with Meat Sauce	Beef Tacos	Sliced Ham	Hot Dog
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Mixed Vegetables- frozen	Tossed Salad- fresh	Lettuce, Tomatoes- fresh	Asparagus- frozen	Potato Soup (HM)
5x fresh	Nectarines- fresh	Peaches- canned, unsweetened	Corn- frozen	Mashed Potatoes- fresh	Tangerine Slices- fresh
Grains/Bread Component 3x Whole Grain	Egg Noodles	Spaghetti	Whole Wheat Tortilla (WG)	Whole Wheat Dinner Roll (WG)	Whole Wheat Hot Dog Bun (WG)
Meat or Meat Alternate 1x highly processed	Chicken	Ground Beef	Ground Beef, Cheese	Ham	Hot Dog
Other Foods		Spaghetti Sauce			
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Peanut Butter Crackers		
Fluid Milk					1% Milk
Juice, Fruit, or Vegetable 3x whole fruits/vegetable		Strawberries- fresh	100% Grape Juice	Orange Slices- fresh	Fruit Salad- fresh
Grains/Bread Component 2x Whole Grain, 0x sweet	Triscuits (WG)		Wheat Thins (WG)	Animal Crackers	
Meat or Meat Alternate 3x Meat/Meat Alternate	Cottage Cheese	Yogurt	Peanut Butter		
Other Foods					



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WEEK OF Week 7

YEAR 2014

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Ham Biscuits		Apple Waffles		Egg Muffin
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Juice, Fruit, or Vegetable 5x whole, 3x fresh F/V	Orange Slices- fresh	Banana Slices- fresh	Applesauce- unsweetened	Pears- canned, unsweetened	Orange Slices- fresh
Grains/Bread Component 4x Whole Grain, 0x sweet	Biscuits	Whole Wheat Toast (WG)	Whole Wheat Waffle (WG)	Whole Wheat Mini Bagel (WG)	Whole Wheat English Muffin (WG)
Other Foods 2x Meat/Meat Alternate	Ham		**no syrup**	Cream Cheese	Scrambled Egg
LUNCH	Hamburger Steak (HM)	Chicken and Noodles	Baked Pork Chop	Hamburger Mini Pizza (HM)	Vegetable Beef Stew
Fluid Milk	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
2 Servings of Fruit and/or Vegetables	Potato Fiddle Sticks- frozen	Peas- frozen	Baked Sweet Potato- fresh	Tossed Salad- fresh	Mixed Vegetables- frozen
4x fresh	Apricots- canned, unsweetened	Peach Slices- fresh	Green Beans- canned	Corn- frozen	Apple Slices- fresh
Grains/Bread Component 3x Whole Grain	Whole Wheat Dinner Roll (WG)	Egg Noodles	Corn Muffin	Whole Wheat English Muffin (WG)	Triscuits (WG)
Meat or Meat Alternate 0x highly processed	Ground Beef	Chicken	Pork Chop	Ground Beef, Mozzarella Cheese	Beef
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Peanut Butter Toast
Fluid Milk			1% Milk		
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Grapes- fresh		Fruit Salad- fresh	Mandarin Oranges- canned, unsweetened	100% Grape Juice
Grains/Bread Component 3x Whole Grain, 0x sweet	Whole Wheat Goldfish Crackers (WG)	Triscuits (WG)			Whole Wheat Toast (WG)
Meat or Meat Alternate 3x Meat/Meat Alternate		Cheese Cubes		Cottage Cheese	Peanut Butter
Other Foods					

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